THE TIMES DAILY MAGAZINE PAGE

Card Index System For Christmas Shopper Is Time and Trouble Saver

Efficiency in the Home May Be Supplemented by Check Against Giving Similar Presents in Future Years. System Is Convenient and Flexible.

By MRS. CHRISTINE FREDERICK.

(Copyright, 1915, by Mrs. Christine Frederick.) one time more than should have a reparate card, and the another that the value of "loose requirements or suggestions pertaining cards comes into notice, to each. Then, instead of a "bulk list,"

leaf" cards comes into notice, it is at holiday time, when gits must be bought for big and little, friend and acquaintance. What is a "looseleaf" card? It is the card on which is based so many up-to-date office systems and filing plans; the card may be 3x5, or 6x4, and can be bought in quantity lots at low prices. Bach card is good, firm stock, lined, and with one double line in red a short distance from the top.

As many or as few as necessary can be used. The idea is to take a card for each idea, or subject or name, and then on it list what is wanted, with the exact figures and amounts. To complete the system, these cards should be permanently kept in a small fitting box on desk or table, and be so arranged that a given name or subject can be easily seen. Most files are. Break arranged alphabetically, and then by subject or group.

But how are they actually used? We suppose that the homemaker has been busy for some time thinking of her gifts and needs. Suppose there is one card for "Fathert." It might give such items as the following: Shoe size, glove size, neck size; colors, blue or maroon: wants pair of "comfies," does not want any more smoking sets, etc. Would like subscription to a magazine.

Similarly with other members, each

ADVICE TO GIRLS By Annie Laurie

Dear Annie Laurie: I am a little country girl, in love with a boy who is nineteen. I am twenty-one. His parents do not want him to go with me, but he says that the more they talk the more he loves me. They do a great many things to make him dislike me, and he said I am so dear to him that nothing could change his feeling. He has no other company, and I have given up all others for him. Shall I continue letting him call? His father called at my home for him to come home one time—it was then 10:30. I would rather give him up than have him scolded.

BAD HEARTED COUNTRY GIRL.

THY you're right in the midst of one of those distressing family quarrels. aren't you, and don't you times wish that such things as You know the fact that you are two years oldmay have some thing to me with the way his people are acting Have you thought of that? They may want their son to have a career-to settle down seriously to a trade, and your attachment is standing in the way

As for the father calling at 10:30the young man should have gone by that time, my dear, for, unless you are formally engaged, the call should end at 10. The father is

should end at 10. The father is probably a hot-tempered man who wants his own way and cannot bear the thought of his son being old enough to think for himself.

This is my advice to you both—you especially: Give the young men a chance to make good. That may be the only way you can win over his parents. If you are in love with him, you will be content to wait. He

Seen In The

Shops

By THE SHOPPER.

the side of a jar, somehow takes away the artificial effect flowers in bunches always have, no matter how artistically arranged. The price is \$1 and up at an F street shop.

Why not the present of some ma-

ents a yard at one of the local de-

▲ large box of tin painted black,

with a dampening pad inside so that

it may be used as a humidor, is inexpensively priced at \$1.50. The box

is large enough to hold both clgars and cigarettes, if wanted. Someone suggested that it would even make an excellent box to keep cake or

A pale pink nightie with gathered

neck and short sleeves-puffed-is

\$1. There are about five other styles

One honest-to-goodness novelty

has appeared out of a haze of pres-

ents that threatens to swamp the

local shops. It is a comb cleaner of

unique construction, with a metal

loop at the top and bottom. One end

may be slipped over a hook in the wall, the other held with the left

hand as the comb is passed through innumerable strands of fine, rather woofly, twine in the same way that a razor is stropped. The gilt is at-

tion verse on the cover. The price is

Telephone Main 5260 and ask "The Shopper" for information giving the names of shops which carry the articles referred to in this column. Mail inquiries should be enclosed with a stamped, addressed envelope as postal card for reply.

boxed, with a presenta-

with the same material and price.

cookies fresh.

terial for a bathrobe? About six yards are needed and the price 30

present for the housewife.

ATH to vels. fuzzy striped

ones, in white with yellow,

is entirely too young to marry for at least two years, with four the safer number. Four years will test his grit and his love, yours as well.

Dear Miss Laurie: Recently I took two young ladies to the vaudeville, and during the performance one of them kept continually staring over the audience and turning in her seat to gaze at any one who came in the theater. I was very much embarrassed and snoke to her about it. She argued that it was not improper for her to do it. I should much appreciate your advice. for her to do it. appreciate your advice.

C. F. B.

T is always considered rude for a person in a gathering of any kind, whether it is in a theater or a church, to turn to look at any other person entering. Though the girl may naturally be angry because you took it upon yourself to criticise her actions, you were in the right.

Dear Annie Laurie: A friend of mine was married recently, and at Christmas I wish to give her some table linen. Should the pieces be marked with the initial of her maiden name or her present

O INCE the gift is not to be given at the time of your friend's marriage, the initial of her present name is the one to be used on the linen you are planning for Christmas.

Miss Laurie will welcome letters of inquiry on subjects of interest from readers of this paper, and will reply to them in these columns. They should be addressed to her, care this office.

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Seattle Clubwoman Begs Mother's Pensions Be Answers Used as Substitute for Children's Institutions

Mrs. Mary E. Howe, Delegate to the Suffrage Convention, Who Has Served as a Juror in Washington State, Claims That "Institutionalized" Children Are a Menace to the

HE CHILD brought up in an institution is likely when a man to find institutional life the easiest way out of his troubles. He has

become institutionalized." Mrs. Mary E. Howe, a voter, from Seattle, Wash., in this city as a delegate to the Congressional Union Convention, has based most of her work as a club woman and a citizen upon that conviction. As she gives her clear-cut, businesslike arguments they fall naturally into the form of a lawyer's brief. Heads and subheads adjust themselves in orderly lines as she talks, emphasizing them with quickly moving fingers. Her eyes are blue and keen, and they narrow slightly at the and they narrow slightly at the corners when an important bit or proof is advanced.

Many people have thought Mrs. Howe a lawyer, for she has legal phraseology stored right in the handlest cells of her brain for use at any moment. She declares, however, that her experience as a juror in Washington courts and as private investigator of the legal system has led her into a logical way of thinking that readily expresses itself.

Having given her main argument, she began to suggest possible rem-edies for the situation. And mothers pensions come first and

Fate of the Child.

"The mother who has no money to support a large family either goes to work or leaves the children to shift for themselves. If she goes to work the children are left alone through the daytime to run the streets at will. The child who has nothing to keep him at home is the one most likely to be brought before the juvenile court. The child wno

the juvenile court. The child who has once been to juvenile court and publicly disgraced is likely to commit other petty crimes and be put in a correctional institution.

"Now to go back to the child whose mother deserts her responsibility," went on Mrs. Howe, swiftly unifying her arguments. "Such a child is likely to be committed to an orphanage or a 'home.' Institutional life has begun, then, whether it be in one of these 'homes' or in the institution for delinquents.

"Institutional life means living by bells—bells to get up by, to eat by, to work by. There is no training in inititative. The growing child has no opportunity to judge for himself and ras every minute of his time planned out in advance. He lives the same life as hundreds of other children do.

Simpler Labor.

"If he receives any training at all, it is in the simpler forms of labor, the low-paid industries. When the time comes to enter the world once more, he is dazed. He hasn't those

more, he is dazed. He hasn't those bells to tell him what to do. His life is no longer the same as hundreds of other lives. He is given a free rein and doesn't know what to do with it.

"He can't secure a position that pays well, for he has had little vocational training. The stigma of institutional life clings to him. He is branded with it. Being unused to directing himself, he falls all too readily under the influence of criminals. At last comes a time when he has no work and no money. A petty theft seems the casiest way out.



MRS. MARY E. HOWE, Of Seattle, Washington.

Arrest, conviction and the penitentiary follow. Ah, there he is at home again, More bells! But to the same unchanging routine. He has become institutionalized!

"Mothers' pensions can, of course, have no effect on the inmates of homes' and prisons today, but they can and will have effect upon those of the future. If a mother is atlowed to stay at home, she will keep her children off the street, thus away from influences that may lead to trips to the Juvenile Court. lead to trips to the Juvenile Court. I have great confidence in the power of a mother's love as a real factor in character forming

Marking Time.

"When institutions are deprived of their juvenile court supply, they will have to cut down their staffst Salaries of officials will be reduced and the cost of supporting the delinguents will be reduced. This will counter-balance the amount spent for mothers' pensions. Of course it takes several generations for this theory to work out. Those States having mothers' pension laws today discover that only the institutions for the young, such as orphanages and correctional plants, may be run on smaller appropriations than in former years. By the time the present generation has grown up in those States, it will be found that jails and penitentlaries are run at reduced cost because the 'institu-tionalized' class is dwindling. "At present, while we are waiting for the mothers' pension laws to take effect, something must be done for criminals brought up before justice. I said that the chief cause of crime was lack of money. This being the case, how can an accused person secure the defense pledged him by the Constitution if he has no money to pay a competent lawyer?

"I have found when serving on a jury that in the majority of cases where the defendants are making use of a public attorney they niced

of a public atterney they plead guilty. Do you know why this is? The lawyers assigned them are either inexperienced young men handling their first cases or 'has-beens,' who are out of the running. By promises of a suspended sentence, the poor defendants are urged to plead guilty.

OME 700 miles south of New

never-ceasing blizzards. All these is-

lands, Bounty, Auckland, Enderby,

the Campbell islands, and the Mac-

quaries are totally uninhabited.

Many fine ships have crashed to de-

struction on their desolate rocks, and

many fine crews have starved to

On every one of the islands records may still be found of the shipwrecks and deaths that have taken place

there. So dreadful are these records

that the New Zealand government

has erected depots for castaways on

each of the islands, and sends a re-

ilef ship to make the rounds once a year. These relief depots are gal-

vanized iron sheds about fifteen feet

by twenty, and are provisioned with

tinned meats, biscuits, tea, coffee, cocoa, clothing, blankets, axes, guns,

fishing tackle, medical supplies, everything, indeed, that one could wish to make life bearable after

shipwreck.
In addition there is housed a good, seaworthy, double-decked boat fitted with oars, sails, a compass, and a chart, so if there is a navigating officer among those swept ashore the crow can set sail again for civilization. The chart is plainly marked with the course to the Bluff lighthouse, the nearest point on the New Zealand coast.

Zesland coast.
Although I have never set foot upon these islands, I have seen them,

as the ship in which I was a pas-senger warily skirted the bleak shores. There was a stir among the sailors as we sighted the first of the group, and from that moment until the last slowly sank below the horizon there was always one man at least watching the distant shore line with binoculars. Had any one been sighted we would, of course

been sighted we would, of course, have taken him off. Many were the harrowing tales of

shipwreck and death that were told me during the days that followed.

shipwreck.

death on their inhospitable shores.

Zealand, on the verge of the

great southern ice belt, lie the

desolate Antipodes, swept by

Three Minute Journeys

By TEMPLE MANNING.

Living by a System of Bells," She Claims, "Is No Training in the Initia-No Training in the Initiative Which Makes Boys
and Girls of Weak Wills

O. K.—Can you suggest a remedy for slightly enlarged pores of the skin?

What is the best way of cleansing the face? My skin is sensitive to hot water.

Skin? Into Strong Men and Women Capable of Working Out Their Own Destinies Satisfactorily."

this means that they will be branded with the crime, even though they took the easiest way out in shortening the routine of a trial.

Costs of Record. "Does the defendant wish to appeal his case? The records are all'in the hands of the court stenographer. who charges about 50 cents per page for the typewritten account of the trial. Of course, the cost of the entire record depends upon the amount of evidence offered. The filing clerk of the court receives a fee of \$25. Twenty-five briefs of the case have to be submitted. You can see that for a poor man just and adequate defense at court is almost an impossibility.

"That is why I am devoting much

of my time to advocating a bill for a public defender, who will give to the one unable to hire able lawyers the defense due him if the case is to

be justly tried.

"That bill was up before the Washington legislature last year and failed to pass. It will be presented again this year. Its provisions are something like this:

"Event there shall be a public de-"First, there shall be a public de-fender in each county, to be elected

in the same way as prosecuting attorneys.
"Second, the public defender shall upon request of the accused or upon order of the court, defend any person financially unable to hire coun-

"Third, the salary shall not exceed one-half that of the prosecuting at-

Safeguard of Poor. "For the future, mothers' pensions are the safeguard of the poor. For the present, public defenders. That's

the whole situation. The women of the State of Washington are back of both ideas. They are are studying of both ideas. They are are studying the economic conditions of today and fitting the laws they support to those conditions. The man who wins their votes is judged by character and ability, by progressiveness of attitude, more than by his party platform. I hold this to be one of the most tangible effects of women upon politics today. They build to-ward the future of the race and as builders the voters of tomorrow are rousing their interest. It is to protect these future voters that the women of Washington advocate such rislation as the mothers' pension law and adequate defense for all accused persons, be they guilty or in-nocent."

To be shipwrecked on the desolate Bounties spelled death I was assured,

for there is not a vestige of vegeta-tion or a blade of grass to be found. Even with the depots for castaways on each island, to be shipwrecked there is a terrible fate indeed. It is seldom, so fierce are the storms in the waters that wash the Antipodes, that the relief ship makes its vestly rounds without taking of

its yearly rounds without taking off some castaway, or, sadder still, find-ing mute evidence in the graveyards of tragedies it came too late to avert.

To Health **Ouestions**

By DR. L. K. HIRSHBERG.

Take a lactic acid bacilli tablet after meals three times-a day. Avoid fatty, oily and hot foods, sweets, pastries, candles, sauces, and highly seasoned foods. At night a peroxide and sulphur lotion may be kept on the face. 2. Cleanse the face with icc-cold water, and massage it each night and morning with a good peroxide create. Never use hot water on the skin. 3. Genuine rice powder is not injurious.

J. S. P.-Kindly send a stamped, self-addressed envelope with your queries repeated, and I will be glad to give you the required information, but I am un-

at le to do so through the columns. L. C.-Is there not something you can suggest which will remove hair perma-

There is no known remedy which will remove superfluous hair permanently.

Reader-Will you please suggest some-thing for the cigarette habit? I have smoked them for twenty years, and am now unable to stop using same. What will help me?

Swallow one or two tablets every three hours each of 1-200th grain of sulphate of strychnine. These tablets are bitter, and when chewed take away that craving. Glycerite of tannin should be applied to the gums.

I. C. B.—Kindly give me your opinion as to the best thing for me to do in this case. I have been unable to go downtown or anywhere by myself. A bewildered feeling often overcomes me and I get so that I cannot control my feelings. What would you advise?

Go to a hospital for a thorough physical examination as soon as you can find it convenient to do so.

Washington—Would you kindly advise me what to do for falling hair? Also ad-vise me what to do for my skin, which is very tender and becomes sore when

Apply the following to the scalp each night with friction: Fluid extract of pilocarpine, 1 dram; tincture of cantharides, 4 dram; tincture of capsicum, l dram; rose water, 1 ounce; distilled water, 3 ounces. 2. Use the violet shaving cream which comes in porcelain jars, and bathe the face afterward with glycerine and rose water. Never use hot water on the face.

A Daily Reader-Kindly give me a Your diet is not correct. You need fresh vegetables, carrots, rough meats, and not mere white bread, meats, potatoes. Also apply the following lotion each night. Calamine, 2½ drams; zinc oxide, 2 drams; phenol. ½ drams; giverine. 2 drams; limewater and rosewater enough to make three ounces.

I. W.—I am a sufferer of inflatomation of the stomach. I become very sick, after meals, followed by a throbbing for about an hour. What do you recom-

mend?
You must eat more apples, figs. baked sour apples, carrots, green vegetables and those that contain salad oil, cereals, dried and fresh fruits, orange fuice, prunes, stewed pears, prune juice, and drink two glassfuls of ilistified water a half hour before each meal, three times a day. Take a tablespoonful of milk of magnesia and seven grains oxide of magnesia before meals, and six charcoal tablets after meals. Avoid constipation, inactivity, sleeplessness, and indoor life.

PERSONAL ADVICE.

Readers desiring advice should

remember:
1. To address inquiries to Dr. L.
K. Hirshberg, care of The
Washington Times. 2. To enclose a stamped and addressed envelope if a personal

reply is desired. Copyright, Newspaper Feature Service, Inc.)

News Items and Notes of Club Activities in Washington

blue, pink, or lavender, are 50 Margaret Whetten Chapter, D. A. R., is planning to undertake the preservation of one of the milestones marking the boundaries of the District of Columbia. Action to this effect was taken at the November cents at a G street department store. These would make an ideal addition to any girl's hope chest or a substantial Christmas meeting, held last Saturday after-noon. The lines of work for the winter have been discussed and re-A butterfly, poised with quivering ferred to the various committees. wings upon the edge of a bowl or

> The Women's Alliance of All Souls' Church is holding a fair today and tomorrow at the New Willard. The program for this evening includes a concert and dancing, with the formal opening of the bazaar. Tomorrow afternoon there will be special attractions for the children.
>
> The next meeting of the alliance will be held at the church on Friday morning at 11, when a symposium on will be held at the church on Friday morning at 11. when a symposium on the new hymn book will be conducted. Mrs. A. R. Crandall will speak on "Its Literary Merits:" Mrs. Henry Farquhar, "Its Doctrinal Points," and Mrs. G. W. Coggeshall, "Its Musical Value." Mrs. Fairfax Bayard is to be the hostess. This is the last meeting until January 14.

The Women's Alliance of All Souls'

Mrs. Frank Foster Greenawalt, state regent, has called a meeting of the District of Columbia Daughters of the American Revolution at Memorial Continental Hall this Friday at 2:30 p. m., for the revision of

"The Effort of Assaciation Work," a pageant descriptive of the phases of activity of the Young Women's Christian Association, will be given in honor of the organization's tenth anniversary this Friday evening at 5 o'clock. at St. Paul's Lutheran Church. Eleventh and H streets northwest All branches of work undertaken by the Y. W. C. A. are to be included in a series of tableaux. planned by a committee under Mrs. Frank G. Wilkins.

The Galment branch of the Sunshine and Community Society, organ-ized several weeks ago, will give its initial tea at the New Ebbitt Decem-ber 16. The proceeds will be devoted to Christmas work of the society.

that marched to meet the women bringing petitions to Congress this

morning.

Dr. William Robbins will lecture on "The Subcoconscious Thought," under the auspices of the league at Paul Institute. 2107 8 street, on December 15.

The French section of the Twentieth Century Club, under the leadership of Miss Elizabeth Carhart, will meet with Mrs. F. W. Fitzpatrick, 4200 Sixteenth street, on Wednesday at 3 o'clock. The report of the committee on maistenettes for of the committee on maisonettes for the Marne sufferers will be heard, followed by games and conversa-The literature section will meet with the leader, Mrs. Henry Farquhar, at the Parker, Wednesday

morning at 10:30. The subject will be the work of R. Y. Tirrell, treated by Mrs. Cunningham.

The civics section announces a lecture on the evening of December 14 at 8 o'clock at All Souls' Church. Edward B. Clark will speak on "The War-torn Marne" for the benefit of the work in ald of the suffering women and children in that vailey. The sections of French and civies will undertake this work jointly this winter. Mr. Clark recently returned from the war zone, where he had opportunity to observe conditions at close range. This is an entirely different lecture from the one tirely different lecture from the one given last month as a part of the regular program of the Twentieth Century Club.

BOOK REVIEWS

object of endless searching after by far the greater part of womankind. "My Lady's Handbook," therefore will have grateful audience. In its pages are o be found much practical advice concerning health and its twin-sister, beauty, and numerous formula. A series of exercises and a chapter on nature's remedies complete a helpful and sensible little volume.

APOSTROPHE TO HOPE. By Laura Huil-Morris. New York: The Kuickerbocker Poems on various subjects, ranging from Clara Barton to a "Grain of

MY LADY'S HANDBOOK—Health, Strength and Heauty. By W. S. Birge, M. D. Childlike beliefs of the Canadian Indians, Strangely mingled with the recents.

Beauty, like everlasting youth, is the their devotion and generosity to each other, and their life during the bitter cold weather of the trapping season have seldom been so clearly pictured.

TO ONE FROM ARCADY. By Theodore L. Fitz Simons. Boston: Sherman, French Fitz Simons. Boston: All the sensuous appeal of Italian

skies and flowers is contained within the lines of the sonnet sequence and lyric sequence with the title of the Miscellaneous poems are also in-

WAR LETTERS FROM THE LIVING DEAD MAN. By Elsa Barker. New York: Mitchell Kennerley: Price, \$1.25. These are the communications received by Elsa Barker from the spirit

THE SON OF THE OTTER. By George Van Schaick Boston: Small, Maynard & Co. Price, 81.25.

The Canadian fur country, its superstitions and its people, and the effect attitions and its people, and the effect accient. For those delving in the occasion, the control of the control o Members of the Anthony League of a crime on a man finely wrought cult, the letters are bound to be of in-

CREAM OF CATARRH OPENS UP NOSTRILS Tells How to Get Quick Relief

from Head Colds. It's Splendid!

will open, the air passages of your head will clear, and you can breathe freely. No more hawking, snuffling, blowing, headache, dryness. No struggling for breath at night; your cold or catarrh

will be gone. Get a small bottle of Ely's Cream Balm from your druggist now. Apply a little of this fragrant, antiseptic, healing cream in your nostrils. It penetrates through every air passage of the head, soothes the inflamed or swollen mucous membrane and relief comes instantly

It's just fine. Don't stay stuffed-up with a cold or nasty catarrh-Relief comes so quickly .- Advt.

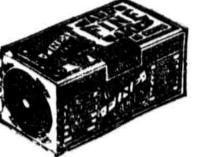
"My Goodness, but they Are Handy" Thousands of Washington housewives

have used that expression since they have been able to purchase

WARD'S FINE CAKES For an evening meal dessert, or a dainty

bite for an afternoon tea, to crown a Sunday dinner or complete the school kunch for the kiddies, they can not be equalled.

But WARD'S FINE CAKES have other good points besides being "handy." Each cake is made from the highest grade products obtainable, and each cake is always fresh, clean and perfect. They are made in seven varieties, all delicious, packed and sealed in tamper-proof individual cartons, and cost only 10 cents each, and they are



DANDY as well as HANDY